



ELREC NEWSLETTER

PROMOTING EQUALITY - FIGHTING DISCRIMINATION
FOSTERING GOOD RELATIONS

From the Chair

Welcome to ELREC's Summer Newsletter.

I hope that you are all having a great summer so far. ELREC has been busy this quarter with its current projects, Communities for Conservation, Open Arms, Equality in Diversity, and Young People against Hate, Support and Advice Service and last but not least, the Events, Activities and services we offer.

There have also been some changes this quarter in ELREC. The Bright Choices project has come to since the 31st May 2019 and Hannah Lawrence has left us to focus on her PHD, we wish her all the best for the future.



Mitra Rostami who was the Bright Choices project coordinator has now been redeployed to the Open Arms project, again all the best to Mitra in this new role, I'm sure you will do just great.

We would also like to welcome two new link officers to the Communities for Conservation project, Verena is our new Spanish Link worker and Fatin has taken over the African link officers role, welcome to ELREC and we wish you all the best in your new roles.

The next major event at ELREC will be the Edinburgh Climate Festival 2019, hosted by our Communities for Conservation team. It is a free, family friendly & community-led event taking place for the first time in the Meadows on Saturday 6th July from 12noon to 9pm. It aims at celebrating and inspiring climate action. Featuring live music, performances, stalls, kids' and adults' activities, and more, this is not to be missed so do come along and enjoy it.

I want to thank the ELREC Staff and Volunteers for their continued hard work and all our funders, supporters and members, if anyone wishes to become a member of ELREC please contact us.

Thank you
Foyso Choudhury MBE

Honorary Members

Honorary Patron:

The Rt. Hon. Frank Ross, Lord Provost
of the City of Edinburgh

Honorary President:

Prof. Sir Geoff Palmer DSc OBE

Management Board

Chair: Foysol Choudhury MBE

Vice Chair and Convenor of Personnel

Subcommittee: Shami Khan DL

Treasurer: Cllr Carl John

Company Secretary: Rajnish Singh

Convenor, Membership Subcommittee:

Jessica (Zonghong) Yang

Convenor, Finance and General Purposes

Subcommittee: Irina Lazarenko

Convenor, Volunteering Subcommittee: Azra

Sharif- Qayyum

Convenor, Education Subcommittee:

Magdalena Sajnaga

Board Members: Irshad Ahmed. Ijaz Nazir,

Shahid Riaz, Jing Si

Staff

Office Manager: Parveen Ishaq

Administrator: Aleksandra Szczygielska

Finance Officer: Adrian Barbascumpa

Work Space Maintenance: Sheikh Tanzuma
Ahmed

Equalities Engagement Project: Mizan Rahman

Support and Advice Service: Parveen Ishaq

True Colours Project: Didem Kaner Ural

Bright Choices Project: Mitra Rostami

Young People Against Hate: Jackie Massie, Anna
Baran

Open Arms Project: Hannah Lawrence

Communities for Conservation Project Lead:

Jean- Matthieu Gaunand

Community Link Officers (CLO):

David Tai- Chinese CLO

Ewelina Lukaszek- Polish CLO

Fatin Ahmed- African CLO

Fahmida Huczewska- South Asian CLO

Verena Aedo- Spanish CLO

About us

Edinburgh & Lothians Regional
Equality Council (ELREC) founded in
1971, is a voluntary body and charitable
company made up of individual
members and representatives from
wide range of organisations. ELREC has
a remit to work across the areas of City
of Edinburgh, East Lothian, Midlothian
and West Lothian Councils.

Our Objectives

- to work towards the elimination of unlawful discrimination
- to reduce inequality and promote a culture of human rights
- to promote good relations between persons of different groups without distinction

We pursue our aims through

Engagement with communities of protected characteristics
Complaint aid for victims of discrimination and harassment
Support for communities in influencing change by facilitating interaction between communities and authorities
Consultancy on equality policies, procedures and delivery of customized training on equality matters

Edinburgh & Lothians Regional
Equality Council (ELREC)
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(T) 0131 556 0441
(E) admin@elrec.org.uk
(W) www.elrec.org.uk
Charity Number: SC007896
Company Number: SC183419

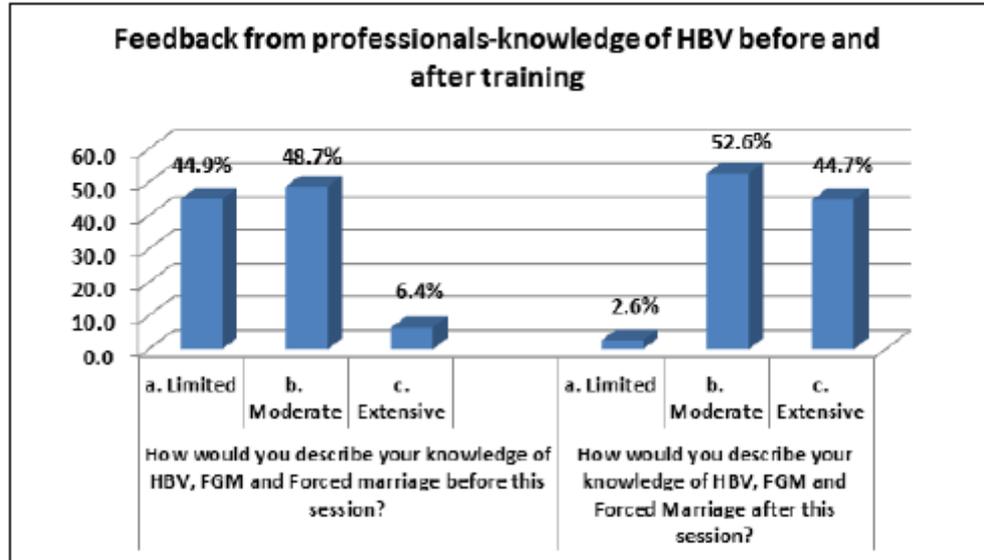
Bright Choices



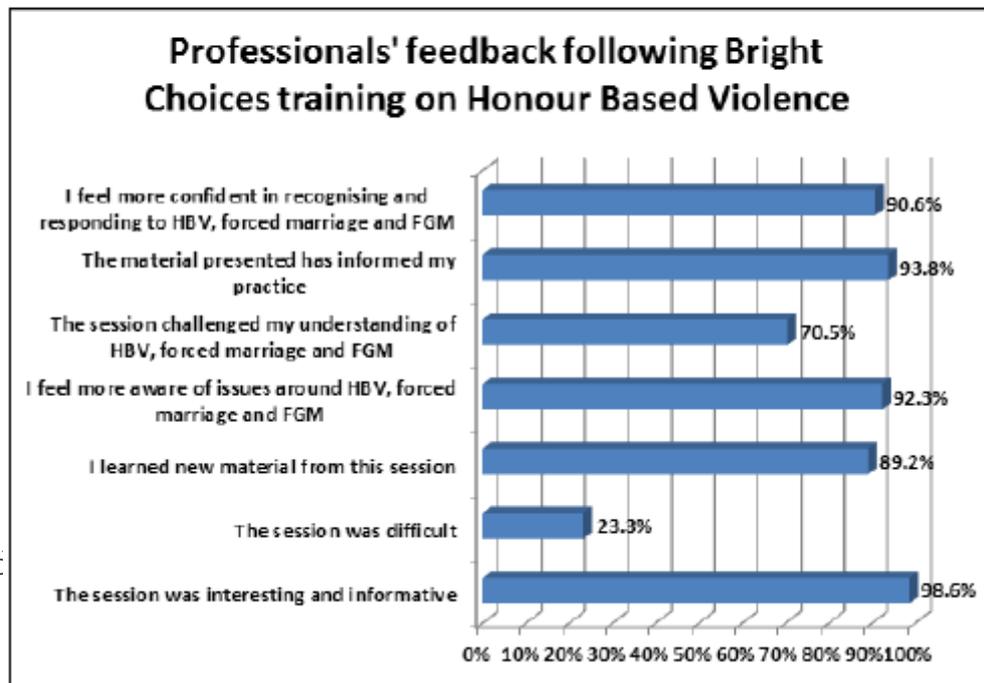
Sadly, Bright Choices ceased to provide their services to the public in Edinburgh in June due to the funding by the Big Lottery coming to an end.

Bright Choices was operational for four years, and during this time significant work was carried out to refine the delivery model.

When the project first started in 2015 it was a brand new service with no proven track record for service delivery and as such a lot of work was required to build links with local organisations and communities to get the service where it is today.



Training and awareness raising for front line professionals delivered by the ELREC wing of the project was a very popular aspect of Bright Choices. ELREC provided training to professionals working in the NHS, Education, Police Scotland, Social Work, the Third Sector, as well as social work students on placement. The training provided tailored to the specific responsibilities and work remits of different professionals and covers the



warning signs of different forms of Honour-Based Violence—how to address it with individuals and families accessing services—as well as relevant legislation and appropriate responses according to the work remits of different professionals.

As a mark of quality, the training to professionals has been endorsed by the City of Edinburgh Child Protection Committee for delivery to professionals from across the city.

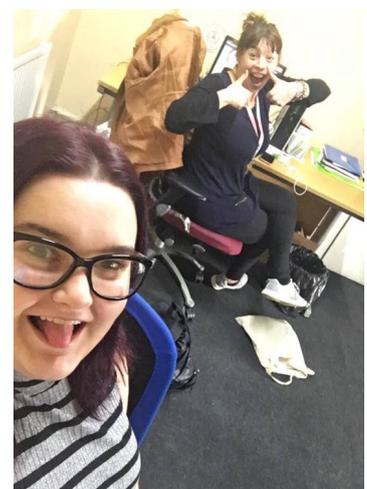
Young People Against Hate



Young People Against Hate has had another busy few months, completed our sessions at Penicuik high and looking forward to working with them again after summer, still working with trinity academy to organise a Hate Crime awareness day, now doing session at Drummond high and creating links with employability programs raising awareness of Hate Crime with in the work place. We currently have the amazing Madiha Choudhury doing her duke of Edinburgh with us, so look out for our new information leaflet on Third Party Reporting. I am also very proud to announce that we received a “working in partnership” award from police Scotland. This was for the work Young People Against Hate did with Police Scotland for the Hate Crime Awareness week #NoHateMate. Keeping up with the interpartnership working we were delight to have a stall at the Be united event. And as always a big thank you to our amazing young people that give up their time to help us run the project.



Some Quotes from young people after our session:
“Enjoyed the workshop, thank you, I will definitely tell someone”
“I am normally really shy, it was really fun”
“It was a very useful workshop which gave useful info in a fun way”



Jackie Massie and Anna Baran
 Young People Against Hate Project
 jackie.massie@elrec.org.uk



EUROPE & SCOTLAND
 European Regional Development Fund
 Investing in a Smart, Sustainable and Inclusive Future

Communities for Conservation

Home Energy Advice

The Community Link Officers have delivered a great number of home energy visits to people from who needed help to save energy at home. Because we speak Arabic, Bengali, Hindi, Punjabi, Polish, Urdu, Cantonese, and Spanish, we have received an increasing number of referrals from organisations. This has enabled us to help people obtain grants for new boilers, apply to the £140 warm home discount, reduce their energy bills and be warmer at home.

Films and Screenings

Over 70 people attended the screening of ‘Are You Listening’ followed by a discussion from Director Kamar Ahmad Simon. The ‘Chasing Choral’ screening was also a huge success. Thank you to Bangla Scot Trust and to all the volunteers.

ELREC Cycling Club

Aligning with our Low Carbon Transport Pledge, ELREC organised a ride to Lauriston Castle and visit to Granton Goes Greener Swap Shop. Thank you to all the volunteers and to Edinburgh ABC for lending bikes.

In late April, the Cycling Club took a trip to the beautiful Cramond Island. They were fortunate to have great weather and the company of great people.



Edinburgh Climate Festival

ELREC are extremely excited to be organising the Edinburgh Climate Festival! This is a free, family friendly and community-led event, taking place for the first time in the Meadows on Saturday 6th July from 12-9pm. It aims at celebrating and inspiring climate action. Featuring live music, performances, stalls, educational activities and loads more.



The Edinburgh Evening News has even covered our story and tells you what you can expect from this fantastic festival. This is not to be missed!

What's on?

“Activities on the day will include eco-workshops teaching skills like personal item repair, up-cycling old belongings and food growing and foraging.

There will also be a swap-shop for clothing and household items, organic and sustainable food stalls, led cycle rides, bike repairs and electric bike trials.

And there will be film screenings, theatre workshops, live bands and guest speakers on the stage, outdoor yoga and much more.”

Our honorary president Sir Professor Geoff Palmer was on BBC Scotland last night to talk about the history of slavery.

'The Generation Frame sees two families go on a personal journey to uncover their family story with an exciting modern twist. With the help of genealogists and experts, each family discovers how their story fits into the wider history of Scotland and, in turn, how they each became who they are today.'



This is definitely worth a watch!

Open day

ELREC had a brilliant turnout for our Open Day. Thanks to everyone who came along and contributed.

The cakes were especially delicious!



21st June we were celebrating Windrush Day at ELREC. Lots of thanks to Sir Geoff Palmer for delivering very inspiring and interesting talk.



From Vocal:



Who Cares? 25 years and still counting?

Vocal celebrates its 25th anniversary this year and they will be hosting a range of events and activities throughout Edinburgh and Midlothian to mark the occasion. This will include boat trips, a ceilidh and open days where carers can find out more about VOCAL services.

Over the past 25 years VOCAL has grown from a small organisation, supported by one member of staff and limited resources into one of Lothian's main providers of carer support, employing 38 staff, who together with 70 volunteers, provide support to around 10,000 carers each year.

VOCAL operates two carer centres; a newly refurbished facility at the foot of Leith Walk in Edinburgh and a purpose build centre at Hardengreen in Dalkeith. Both centres offer carers a range of services including one-to-one support, training, counselling, welfare rights, legal advice and short breaks support.

David Walker is the Short Breaks Officer with VOCAL Midlothian and the focus of his work is to promote the idea of carers getting **Time off from Caring** and provide them with the support that is necessary to have a break. David said we recognise that caring can be a difficult role, can put a great deal of stress on the carer and the caring relationship and that a short break is necessary in order to ensure that the carer can sustain their caring role and look after their own health and well being.

A short break is any form of service or assistance which enables the carer(s) to have periods away from caring and provide the necessary breathing space to allow them to relax, recharge their batteries and maintain their caring responsibilities

Many people will not consider themselves to be a carer and will just see themselves as providing unpaid help to a family member, partner, relative or friend. However, these roles are vital and are a crucial part of the health and social care sector, with literally millions of unpaid caring hours being provided across Scotland each year.

Each caring role will vary in terms of the level of care required and the length time that each person may have to commit to their caring role. In some circumstances caring can have a significant impact on the carer's life and can prevent them from doing many of the things that they once took for granted.

Socialising with friends, taking part in hobbies, sport and leisure activities or even employment can all be affected by having to look after someone that you care for.

A short break can come in many forms and can be anything from a holiday, weekend away, gym membership, spa treatments or the purchase of specialist equipment to enable the carer to pursue a hobby or make the caring role more manageable. VOCAL will help carers to take stock of their caring role, understand the impact it can have on them and their caring relationship and provide carers with the information, resources, funding and support to enable them to get the kind of break that is right for them and the person they care for.

VOCAL wants to ensure our services are available to carers throughout Edinburgh and Midlothian, regardless of race, ethnicity or faith and are keen to work with ELREC to help us to make contact with individuals and families who are not fully aware of the services and the support that we have available. If you would like more information about VOCAL services or the resources we have available to support short break for carers you can visit our websites at www.vocal.org.uk or www.weebreak.org Alternatively, you can telephone VOCAL on 0131 622 9999 (Edinburgh) or 0131 663 6869 (Midlothian).

True Colours

Hello all from the TRUE Colours group!



Welcome to our new Erasmus placement student, Giada Savoretti. We are delighted to have her on board!

In March, our True Colours Group had meetings with Citadel Youth Centre in Leith and North Edinburgh Art Centre and Davidson Mains Primary School to see what we can do together, True Colours will be doing sessions this summer. The group participated in an upcycling workshop in a ladies' lunch group in Prestonfield Church and delivered an awareness session on bullying in schools. True Colours took part in ELREC Open Day on the 16th April.

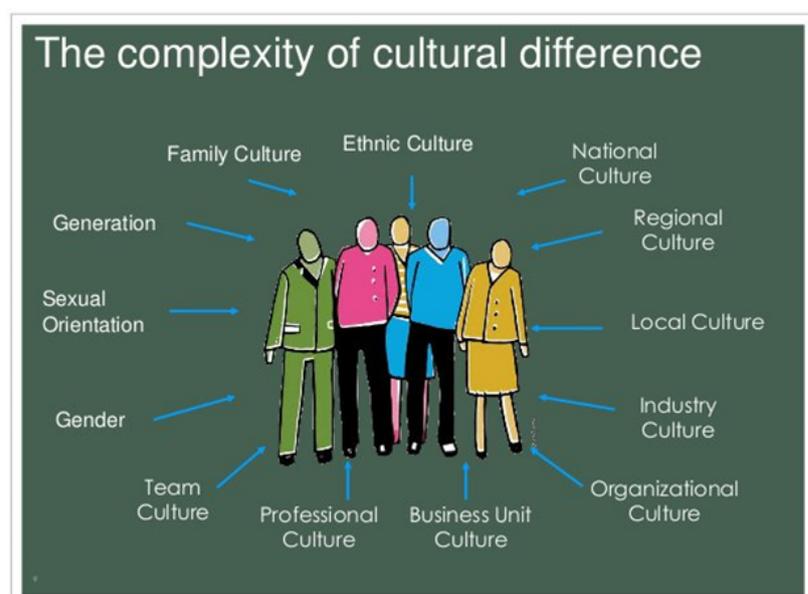
Also in April, our project attended in a meeting in the City Chambers to discuss inequalities with representatives from other organisations and in May, True Colours attended in the SAAPaHC cluster meeting organised by our funder. It was Meaningful May in schools, so True Colours was invited to deliver a number of workshops over four weeks in Liberton Primary School, Broughton Primary School and Leith Academy. Thanks to our volunteer Laurie Haughton for their help with delivering these workshops.

With the end of the school term approaching, the True Colours Group would like to wish everyone a sunny and fun holiday time!

Didem Kaner Ural
TRUE Colours Project Coordinator
didem.kaner@elrec.org.uk



@TrueColoursEdi



21st May—UN's World Day for Cultural Diversity

Support and Advice



The Support and Advice Service has been extremely busy this quarter. We have had 20 new cases ranging from discrimination, housing, employment, benefits/council and disputes. Some of these cases are very complicated and require a lot of research, time and support.

The Advice service has also welcomed a new Law volunteer who is assisting us with some of these cases as well as offering basic legal advice.

The service is doing well as always and we are currently working on making it not only a permanent feature of ELREC but a prominent one. After all our aims are to reduce Equality and Discrimination in our communities and offer assistance so that they can have equal access to all local services.

Parveen Ishaq
Support and Advice worker
pishaq@elrec.org.uk

Open Arms at ELREC



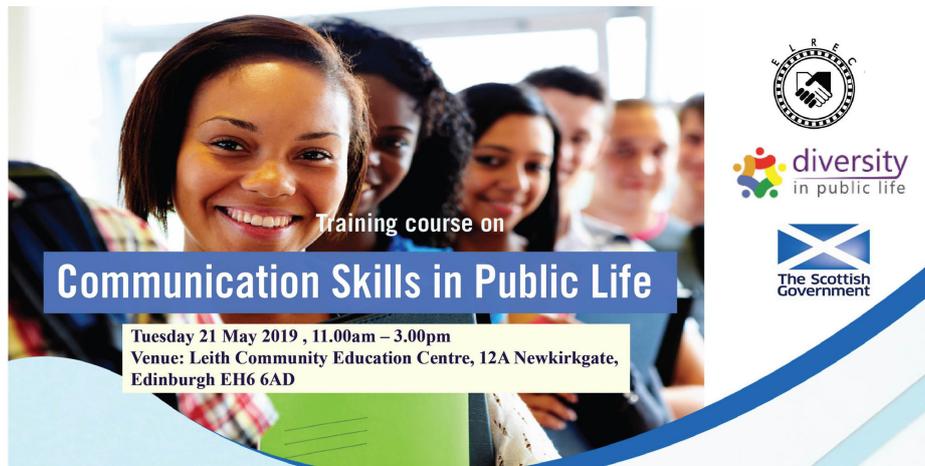
A collaboration between ELREC, Sikh Sanjog, LINKnet and Saheliya. This programme offers women activities that help them cope with mental health stresses such as anxiety and depression. For more information, please contact new project coordinator: Mitra Rostami



@elrecopenarmshealth

Mitra Rostami
Open Arms Project Coordinator
mrostami@elrec.org.uk

Equality Engagement



Training course on Communication Skills in Public life

When: Tuesday 21 May 2019 , 11.00am – 3.00pm

Where: Leith Community Education Centre, 12A Newkirkgate, Edinburgh EH6 6AD

ELREC Diversity in Public life project is offering you the opportunity to attend a free training course: course on communication skills in public life! In response to feedback from service users, we have tailored this course in particularly for BME individual interested to become involved in public life.

The course is primarily for those who enrolled with the PLC (public life champion) scheme but open to anyone from the BME community living in Edinburgh and the Lothians who is committed to getting involved in public life – whether as a councillors, community councillors, community leaders or committee/board members.

By attending on this course participants will –

- Find out what effective communication is and why it is important in public life
- Discover how to communicate more effectively in public life – and in your everyday personal life
- Be empowered and confident in carrying out communications in different situations

The course will be delivered by an experienced trainer. Spaces are very limited, so if you are interested then book your place ASAP, it will be allocated on a first come first serve basis. To book online: <https://commskills.eventbrite.co.uk>

Lunch/refreshments will be provided. Free crèche will be available (prior booking required). For more information contact E-mail: mrahman@elrec.org.uk , or telephone at 0131 556 0441. Find this event on facebook.

Feel free to circulate this invitation to anyone that you feel could benefit from such a course.

Please support our work

We welcome organisations to **advertise in the ELREC Community Newsletter** for:

- Promoting services
- Disseminating flyers
- Campaigns
- Vacancies
- Consultations
- General marketing

This service is available for a contribution of £50-£150 depending on the size and placement of the advertisement. To find out more, please contact Administrator on: admin@elrec.org.uk Our newsletter is published every quarter in March, June, September and December of each year.

Volunteers

Big Thank You to all volunteers that contributed to ELREC for last months.

Your involvement in ELREC's is very much appreciated.

We are very proud and grateful to have you in our organisation.

Thank you!

Room Hire @ELREC

You can book our 20-seat meeting room on an hourly basis for £20 per hour (reduced rate for small charities and community groups) Tea & coffee £1 per head Please contact ELREC office for additional information or to make a booking.

For more info, contact us: admin@elrec.org.uk

Third Part Reporting

Another way to report Hate Crime.

You do not need to talk to the police directly

ELREC is here to help

Get in touch whether you are witness, victim or a carer.

Calling for new members at ELREC!

ELREC strives to embody the principles of transparency; integrity; equity; mutual cooperation; and participatory democracy. ELREC welcomes all individuals and organisations who share our aims, visions, and values to join us as members. As a member you will have the opportunity to shape ELREC policy direction; participate in ELREC's annual Management Board election; and attend ELREC events and lectures. Our members also act as links to various communities. We welcome membership from individuals from diverse groups as this results in the better representation of all protected characteristics. We would be much obliged if you would consider joining us, as well as helping us by encouraging individuals and organisations known to you to join ELREC.

Please contact our office: <http://www.elrec.org.uk/join-elrec-member/>



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[elrec.org.uk](http://www.elrec.org.uk)



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